

## CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

### Listing of Claims:

34. (Currently Amended) A method of reducing total serum cholesterol and serum LDL cholesterol and raising serum HDL cholesterol in a human patient, comprising the step of:

providing an edible oil comprising (i) at least one of a tocotrienol and a tocopherol, (ii) at least one of a free sterol and a steryl ester, and (iii) a cycloartenol, wherein the ratio of ~~(i):(ii):(iii) ranges from 1:0.5:0.5 to 1:5:0.5~~ (i):(ii) ranges from 1:0.5 to 1:5.0, the ratio of (ii):(iii) ranges from 1:0.01 to 1:0.1 and the ratio of (i):(iii) ranges from 1:0.05 to 1:0.5;

administering to said patient an effective amount of an the edible oil that reduces the synthesis, absorption and blood level of cholesterol by a human patient and increases the excretion of cholesterol from said human patient.

35. (Original) The method of Claim 34 which also reduces the blood triglyceride level in a human patient.

36. (Original) The method of Claim 34 wherein said oil is administered in the form of a food product.

37. (Original) The method of Claim 34 wherein said oil is administered in an amount from about 1 to 10 mg per kg of body weight per day to said patient.

38. (Original) The method of Claim 34 wherein total serum cholesterol is decreased by about 5 to 25%.

39. (Original) The method of Claim 34 wherein serum LDL cholesterol is decreased by about 5 to 25%.

40. (Original) The method of Claim 34 wherein serum HDL cholesterol is raised by about 10 to 30%.

41. (Original) The method of Claim 34 wherein the ratio of HDL to total cholesterol in said human patient is raised from about 10 to 30%.

42. (Original) The method of Claim 34 wherein the serum level of peroxides, measured as TBARS, is decreased by about 10% to 60%.

43. (Original) The method of Claim 34 wherein the serum level of tocopherol or tocotrienol is raised by 20% to 110%.

44. (Currently Amended) A method of decreasing total blood cholesterol in a human patient, by comprising the steps of:

providing an edible oil comprising (i) at least one of a tocotrienol and a tocopherol, (ii) at least one of a free sterol and a steryl ester, and (iii) a cycloartenol, wherein the ratio of ~~(i):(ii):(iii) ranges from 1:0.5:0.5 to 1:5:0.5~~ (i):(ii) ranges from 1:0.5 to 1:5.0, the ratio of (ii):(iii) ranges from 1:0.01 to 1:0.1 and the ratio of (i):(iii) ranges from 1:0.05 to 1:0.5;

administering to said patient an effective amount of an the edible oil that decreases the synthesis, absorption and blood level of cholesterol by said human patient and increases the excretion of cholesterol from said human patient.

45. (Original) The method of Claim 44 wherein said oil comprises at least one compound that decreases cholesterol synthesis in said human patient.

46. (Original) The method of Claim 44 wherein said oil comprises at least one compound that increases cholesterol excretion from said human patient.

47. Canceled

48. (Previously Amended) The mixture of Claim 44 wherein the ratio of ingredients (i) - (iii) of said mixture effectively decreases the absorption, synthesis and blood levels of cholesterol by a human patient and also increases the excretion of cholesterol from said human patient.

52. (Previously Added) A method of decreasing total blood cholesterol in a human patient, by administering to said patient an effective amount of an oil comprising (i) about 10 to 30% of tocopherols, tocotrienols or combinations thereof, (ii) about 2 to 20% of free sterols; (iii) about 2 to 20% of sterol esters; (iv) about 0.1 to 1.0% of cycloartenols, wherein all percentages are weight/weight.

53. (Previously Added) The method of claim 52 wherein the oil is a refined rice bran oil.

54. (Previously Added) The method of claim 52 wherein the oil is a mixture of rice bran oil and a palm oil.

55. (Previously Added) The method of claim 52 wherein the edible oil includes at least one saturated fat, and the content

of saturated fat of said edible oil is about 7 to 19% of saturated fat.

56. (Previously Added) The method of claim 52 wherein said edible oil is substantially free of trans fatty acids.

57. (Previously Added) A method of decreasing total blood cholesterol in a human patient, by administering to said patient an effective amount of an oil that comprises a mixture of (i) at least one tocotrienol or tocopherol; (ii) at least one free sterol or sterol ester; (iii) at least one cycloartenol.

58. (Previously Added) The method of claim 57 wherein the oil is a refined rice bran oil.

59. (Previously Added) The method of claim 57 wherein the oil is a mixture of rice bran oil and a palm oil.

60. (Previously Added) The method of claim 57 wherein the edible oil includes at least one saturated fat, and the content of saturated fat of said edible oil is about 7 to 19% of saturated fat.

61. (Previously Added) The method of claim 57 wherein said edible oil is substantially free of trans fatty acids.